



SECONDARY BREAKFAST SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		=WHOLE GRAIN OPTIONS	Pancake on a Stick Cereal* or Muffin* Banana Milk	No School!
5	6	7	8	9
Happy Labor Day! No School!	Pancakes* Cereal* or Cereal Bar* Strawberries Milk	Breakfast Pizza* Cereal* or Muffin* Oranges Milk	Cinnamon Filled Bagel* Cereal* or Muffin* Mixed Fruit Milk	Cinnamon Roll* Cereal* or Cereal Bar* Banana Milk
12	13	14	15	16
Breakfast Pizza* Cereal* or Muffin* Apples Milk	Pancakes* Cereal* or Cereal Bar* Grapes Milk	Bagel* & Sausage Sandwich Cereal* or Muffin* Strawberries Milk	Strawberry Bagel* Cereal* or Muffin* Banana Milk	Breakfast Sandwich* Cereal* or Cereal Bar* Applesauce Milk
19	20	21	22	23
Donuts* Cereal* or Muffin* Peaches Milk	Waffles* Cereal* or Cereal Bar* Strawberries Milk	Biscuit* & Sausage Sandwich Cereal* or Muffin* Pineapple Milk	Pancake on a Stick* Cereal* or Muffin* Pears Milk	Breakfast Pizza* Cereal* or Cereal Bar* Banana Milk
26	27	28	29	30
Pancake On a Stick* Cereal* or Muffin* Applesauce Milk	French Toast* Cereal* or Cereal Bar* Mixed Fruit Milk	Breakfast Sandwich* Cereal* or Muffin* Grapes Milk	Breakfast Pizza* Cereal* or Muffin* Banana Milk	Fruit and Yogurt Parfait Cereal* or Cereal Bar* Peaches Milk

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